



Welcome to summer and another season of awesome adventure! We are kicking off the summer season with our annual **White Water Rafting Trip** (pg. 9) on June 27th and our **Summer BBQ** (pg. 9) on June 30th at Lincoln Park in West Seattle; check out the event description for more information and specific pick up times.

Do you want to make money and gain job experience? As a teenager, finding employment can be difficult. We did the hard work by bringing different job opportunities to you through the **O2 stipend programs**. There will be several different job opportunities available; you are guaranteed to find one near you. For our **O2 stipend programs** we are introducing a new application process this year. Please refer to the detailed information on pages 11 and 12.

Summer is packed with great activities, including our week long expedition trips. Come experience a week long canoe trip on **Ross and Diablo Lakes**, or you can trek the scenic **Cascade Mountains** and sleep under the stars in a six day backpacking trip. We are also taking a week long backpacking trip to the majestic **Goat Rocks Wilderness**! Finally, we are ending the season with a week long **Canadian rock climbing** trip.

There are plenty of exciting day trips this season. Try your hand at paddle sports, horseback riding, a waterfall hike, or one of our other unique adventures. North-end day trips are on Wednesdays, while South-end day trips are on Tuesdays.

The nicer weather of summer brings more opportunities to get out on the water in an O2 aquatic event. To participate in one of our aquatic events like rafting, canoeing, kayaking, boating, etc., you are required to have a completed **Float Test** on page 27. We are offering pick-up and drop-off dates and times for North and South end locations based on pool scheduling. If you are unable to make these times, you can also take it on your own by visiting one of the pools listed on our float test information page. These certificates are then good for three years and will allow you to participate in all O2 aquatic trips.

You can sign up with either Seth (North-end) or Emily (South-end) for events. Seth's cell phone is 206-423-1501 and Emily's is 206-423-3460. You can sign up for events no more than a month ahead of time. In order to confirm your slot for any O2 event, please contact Emily or Seth no later than one week before the event. If we do not connect with you by phone or text, there is a chance you will lose your slot to another participant! So please track your O2 events and take 10 seconds to contact us and confirm your attendance!

We are excited about your participation in our summer 2014 season! Call us now to sign up and secure your spot.

Bob, Sebastian, Emily, and Seth

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Seth Wendzel | 206-423-1501
Emily Sachwald | 206-423-3460
Bob Warner | 206-890-2513
Sebastian Wilson | 206-390-1018
www.seattle.gov/parks/teens/o2
Join our group on Facebook!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 LAST DAY OF SCHOOL	20	21
22	23	24 South end Float Test P. 27	25 North-end Float Test P.27	26 South end Float Test P. 27	27 JOINT North/South Day Trip White Water Rafting P. 9 (Waiver and Float Tests Needed)	28
29	30 JOINT North/South Day Trip Summer BBQ KICK-OFF P. 9	1 July Rock Climbing Stipend Training P. 11	2 Mountain Biking Stipend Training P. 11	3	4 Independence Day	5

Day Trip pick up time: 8:45-9:30 AM
 Day Trip drop off time: by 6:00 PM
 Overnight trip pick up time: 8:45 - 9:30 AM
 Overnight trip drop off time: by 8 PM

Contact Seth and Emily to sign up for events!
 Seth (North) | 206-423-1501
 Emily (South) | 206-423-3460
www.Facebook.com/groups/O2program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 JOINT North/South Day Trip Summer BBQ KICK-OFF P. 9	1 Rock Climbing Stipend Training P. 11	2 Mountain Biking Stipend Training P. 11	3	4 Forth of July	5
6	7 North-end Backpacking Trip P. 10	8 South-end Day Trip Waterfall Hike P. 7 North-end Backpacking Trip P. 10	9 (NOTE—No North-end Day Trip this week) North-end Backpacking Trip P. 10	10 Joint Rock Climbing Day Trip P. 9 / 11 North-end Backpacking Trip P. 10	11 No Mountain Biking this Day North-end Backpacking Trip P. 10	12 North-end Backpacking Trip P. 10
13	14	15 South-end Day Trip Urban Bike Trip P. 7	16 North-end Day Trip Amazing Race Discovery Park P. 5	17 Joint Rock Climbing Day Trip P. 9 / 11	18 Mountain Biking Stipend Day P. 11	19
20	21 South-end Backpacking Trip P. 10	22 (NOTE—No South-end Day Trip this week) North-end Float Test P.27 South-end Backpacking Trip P. 10	23 North-end Day Trip Hiking Mt. Index P. 5 South-end Backpacking Trip P. 10	24 No Climbing This Day South-end Backpacking Trip P. 10	25 Mountain Biking Stipend Day P. 11 South-end Backpacking Trip P. 10	26 South-end Backpacking Trip P. 10
27 Stipend Program Trail Crew P. 11	28 Stipend Program Trail Crew P. 11	29 South-end Day Trip Canoeing Lake Washington P. 8 Stipend Program Trail Crew P. 11	30 North-end Day Trip Skykomish Hike P. 5 Stipend Program Trail Crew P. 11	31 Joint Rock Climbing Day Trip P. 9 / 11 Stipend Program Trail Crew P. 11	1—Aug Mountain Biking Stipend Day P. 11 Stipend Program Trail Crew P. 11	2—Aug

Day Trip pick up time: 8:45-9:30 AM
 Day Trip drop off time: by 6:00 PM
 Overnight trip pick up time: 8:45 - 9:30 AM
 Overnight trip drop off time: by 8 PM

Contact Seth and Emily to sign up for events!
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 Trail Crew P. 11	28 Trail Crew P. 11	29 South-end Day Trip Canoeing Lake Washington P. 8 Trail Crew P. 11	30 North-end Day Trip Skykomish Hike P. 5 Trail Crew P. 11	31 Joint Rock Climbing Day Trip P. 9/11 Trail Crew P. 11	1 Mountain Biking Stipend Day P. 11 Trail Crew P. 11	2
3	4	5 South-end Day Trip Island Escape P. 8 North-end Float Test P.27	6 North-end Day Trip Paddling 101 P. 6	7 Joint Rock Climbing Day Trip P. 9/11	8 Mountain Biking Stipend Day P. 11	9
10 North-end Canoe Trip P. 10	11 North-end Canoe Trip P. 10	12 South-end Day Trip Horseback Riding P. 8 North-end Canoe Trip P. 10	13 (NOTE—No North-end Day Trip this week) Stipend Program Stevens Pass Cleanup P. 11 North-end Canoe Trip P. 10	14 North-end Canoe Trip P. 10	15 North-end Canoe Trip P. 10	16 North-end Canoe Trip P. 10
17	18	19 South-end Day Trip Kayaking and SUP P. 8	20 North-end Day Trip Choose Your Adventure P. 6	21	22	23
24	25 South-end Canada Climbing Trip P. 10	26 (NOTE—No South-end Day Trip this week) South-end Canada Climbing Trip P. 10	27 North-end Day Trip SUP and Kayak P. 6 South-end Canada Climbing Trip P. 10	28 South-end Canada Climbing Trip P. 10	29 South-end Canada Climbing Trip P. 10	30 / 31(SUNDAY) South-end Canada Climbing Trip P. 10

Day Trip pick up time: 8:45-9:30 AM
Day Trip drop off time: by 6:00 PM
Overnight trip pick up time: 8:45 - 9:30 AM
Overnight trip drop off time: by 8 PM

Contact Seth and Emily to sign up for events!
Seth (North) | 206-423-1501
Emily (South) | 206-423-3460
www.Facebook.com/groups/O2program

NORTH-END DAY TRIPS

Pickups and Drop-offs:

Discovery Park Visitors Center- 8:45AM
 Ballard High School - 9:00 AM
 Northgate Community Center - 9:30 AM
 Return to Northgate CC/Ballard HS- By 6:00 PM



Monday, June 30th: Summer Kick Off BBQ

- Lincoln Park Picnic Shelter 3

***Pick-up times for North-end are:**

Ballard HS 10:00AM/ Northgate C.C. 10:30AM

The BBQ will be over by 2 PM

School is finally over! Please come to celebrate the summer with an O2 barbecue on the beach. This is also an opportunity to sign-up for our summer trips. We will be handing out summer calendars, eating good food, playing games, and of course hanging out with friends. Everybody is welcome, so come with old friends and meet some new ones.

Wednesday, July 9th: NOTE—We are not hosting a day trip this week due to the overnight event.

Wednesday, July 16th: Amazing Race, Discovery Park

You and a partner will pair up to face various challenges and check-points within Discovery Park. First, second, and third place prizes will be awarded to the finishers. Bring a water bottle, your wits, and knowledge of the outdoors.

Wednesday, July 23rd: Mt. Index, Bridal Veil Falls and Lake Serene

Hike with us on this day trip as we head to great waterfalls and an awesome lake. The roar of these 1,000 foot falls might just knock you off your feet. If time permits we will venture further upward to Lake Serene; a beautiful mountain lake surrounded by granite peaks. Wear good hiking shoes and some extra clothes to leave in the van just in case you get wet.

Wednesday, July 30th: Skykomish Hike and Trail Crew Visit

Join us as we travel to the Skykomish Ranger District of Mt. Baker/Snoqualmie National Forest. We will hike the historic Iron Goat Trail and into the Wild Sky Wilderness. We will also visit and bring cold drinks to O2 participants who are working for the trail crew program. Wear good hiking shoes.



NORTH-END DAY TRIPS—(continued)

Pickups and Drop-offs:

Discovery Park Visitors Center- 8:45AM
 Ballard High School - 9:00 AM
 Northgate Community Center - 9:30 AM
 Return to Northgate CC/Ballard HS- By 6:00 PM

Wednesday, August 6th: Paddling 101

Join us for a paddling workshop where we'll go over the basics of paddle technique and water safety. Priority will go to participants who are attending our multi-day canoeing expedition. Beginner paddlers are welcome. Please bring swimwear, a towel and shoes that you don't mind getting wet. *A float test is required to attend this event. (P.27)*



Wednesday, August 13th: NOTE—We are not hosting a day trip this week due to the overnight event.

Wednesday, August 20th: Choose Your Adventure

O2 staff will plan multiple options and participant choices will determine what we do this day. No matter what activity is chosen it is guaranteed to be a fun time. Bring a towel and swimwear in case the adventure you choose leads us to water.

Wednesday, August 27th: On the Water, SUP and Kayak

Come learn techniques of stand up paddle (SUP) boarding and kayaking for those up to the challenge. *A float test (P.27) and Seattle Parks and Recreation Mt. Baker small crafts program waiver (P.23) are required to attend this event.*



SOUTH-END DAY TRIPS—TUESDAYS

Pickups and Drop-offs:

SOUTH end students can meet the green Parks van at:

Rainier Community Center – 9:00 AM

Jefferson Community Center – 9:15AM

Camp Long – 9:30 AM

Return to Jefferson CC/Rainier CC/Camp Long– By 6:00 PM



Monday, June 30th: Summer Kick Off BBQ - Lincoln Park Picnic Shelter 3

*South-end are Rainier C.C. 10AM/Jefferson C.C. 10:15AM/Camp Long 10:30AM

The BBQ will be over by 2 PM

School is finally over! Please come to celebrate the summer with an O2 barbecue on the beach. This is also an opportunity to sign-up for our summer trips. We will be handing out summer calendars, eating good food, playing games, and of course hanging out with friends. Everybody is welcome, so come with old friends and meet some new ones.

Tuesday, July 8th: Waterfall Hike

This awesome hike leads to a series of waterfalls and a smooth natural waterslide made from huge granite slabs. It's an fun, wet, and slippery escape from the city for a day! Come hang with Emily and Bob for a day of fun in the sun! A float test NOT required, but come prepared to get wet with swimwear, good swimming shoes / sandals and a towel.



Tuesday, July 15th: Urban Bike Trip

Cycling in the summer sun is even better when you get to see the great sights of Seattle's city and naturescape. Enjoy a picnic lunch and a day laughing and peddling around some of our favorite places. A waiver from Cascade Bicycle Club is required (P.17-18) to attend this event.

SOUTH-END DAY TRIPS—TUESDAYS (continued)

Pickups and Drop-offs:

SOUTH end students can meet the green Parks van at:

Rainier Community Center – 9:00 AM

Jefferson Community Center – 9:15AM

Camp Long – 9:30 AM

Return to Jefferson CC/Rainier CC/

Camp Long– By 6:00 PM

Tuesday, July 22nd: NOTE—We are not hosting a day trip this week due to the overnight event.



Tuesday, July 29th: Canoeing Lake Washington

Join the O2 program in a canoe adventure. We will paddle the waters of Lake Washington and learn the basics of paddling and canoe rescue. Beginner paddlers are welcome. Please bring swimwear, a towel and shoes that you don't mind getting wet. *A float test is required to attend this event. (Pg. 27)*

Tuesday, August 5th: Island Escape

Escape the heat and hectic life of the city by joining us on an adventure to Blake Island. Entertainment, good food and good times abound on this hidden secret of the Puget Sound. No float test is required.

Tuesday, August 12th: Horseback Riding

The horseback riding day is back by popular demand! We will head over to Eastern Washington to ride at the famous Flying Horse Ranch. No experience is necessary. Please bring long pants (preferably jeans) and close-toed shoes. *A Flying Horse Ranch waiver form, signed by your parents or guardians, is required to attend the event (Pg. 19)*



Tuesday, August 19th: Kayaking and Stand Up Paddle boarding

For those who are up to the challenge come learn techniques to stand up paddle (SUP) boarding and kayaking. We will paddle at Mt. Baker Rowing and Sailing Center, beautifully situated on Lake Washington. *A float test and Seattle Parks and Recreation small crafts program waiver are required to attend this event. (Pg.23)*

Tuesday, August 26th: NOTE—We are not hosting a day trip this week due to the overnight event.

JOINT NORTH AND SOUTH end EVENTS

Friday, June 27th: White Water Rafting Trip

***Pick-up times for North-end are Ballard HS 9 AM/ Northgate C.C. 9:30AM**

***South-end are Rainier C.C. 9 AM/Jefferson C.C. 9:15AM/Camp Long 9:30AM**

Back in Seattle late—probably close to 10:00 PM

White water river rafting in the wild rapids of the Wenatchee River is one of our most popular O2 events! This is guaranteed to be an exciting event for both beginner and intermediate river runners. Space is limited, so please call Emily or Seth to sign up. Please bring swimwear, a towel, a change of clothes and an extra pair of warm socks. *A float test is required to attend this event. (Pg. 27) and waiver from Orion Expeditions (Pg. 15-16).*



Monday, June 30th: Summer Kick Off BBQ - Lincoln Park Picnic Shelter 3

***Pick-up times for North-end are Ballard HS 10:00AM/ Northgate C.C. 10:30AM**

***South-end are Rainier C.C. 10AM/Jefferson C.C. 10:15AM/Camp Long 10:30AM**

The BBQ will be over by 2 PM

School is finally over! Please come to celebrate the summer with an O2 barbecue on the beach. This is also an opportunity to sign-up for our summer trips. We will be handing out summer calendars, eating good food, playing games, and of course hanging out with friends. Everybody is welcome, so come with old friends and meet some new ones.

Thursdays, Outdoor Rock Climbing Day Trips: July 10th, 17th, 31st & August 7th Meet at Camp Long at 7am. Return by 6 pm.

The O2 outdoor rock climbing sessions are rare and exciting events to climb on actual rock in the picturesque mountain setting around North Bend. While this is also a stipend program, all O2 participants are welcome to attend. Beginner climbers are welcome and encouraged to attend.

Pickup and Drop-offs for Trips:

<p>NORTH-end students can meet the green Parks van at:</p> <p>Discovery Park Center – 8:45 a.m.</p> <p>Ballard High School – 9:00 a.m.</p> <p>Northgate Comm. Center – 9:30 a.m.</p> <p>Return to Ballard HS/Northgate C.C. – by 8:00 p.m. for trips</p>	<p>SOUTH-end students can meet the green Parks van at:</p> <p>Rainier Comm. Center –9:00 a.m.</p> <p>Jefferson Comm. Center – 9:15 a.m.</p> <p>Camp Long – 9:30 a.m.</p> <p>Return to Jefferson C.C./Rainier C.C./Camp Long- by 8:00 p.m. for trips</p>
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SOUTH-END TRIPS

Monday - Saturday, July 21-26th: Backpacking Trip in the Cascade Mountains

Make the most of your summer and come on an amazing 6 day backpacking trip to the scenic Cascade mountains! We will be enjoying stunning mountain views, wildflowers and crisp, clean air while sleeping under the stars. In addition, we will discuss the basics of back-country living, some survival skills and how to have a great time on the trails! No experience required but PLEASE NOTE that we will be carrying all our necessities on our backs and living without electricity and plumbing for the entire week. This is a very special and unique experience!!

Monday - Saturday, August 25-30: Rock Climbing Trip to Canada

The annual rock climbing trip is one of the very best overnight trips that O2 plans for the year! People from all over the world travel to Squamish, British Columbia to climb in these world renowned climbing areas. No rock climbing experience is necessary. ****A passport, school ID, and NOTARIZED Canada Trip PERMISSION FORM (Pg. 25) are required to attend this trip****



NORTH-END TRIPS

Monday -Saturday, July 7th-12th: Backpacking Trip in the Goat Rocks Wilderness

Make the most of your summer and come on an amazing 6 day backpacking trip to the pristine alpine terrain of the Goat Rocks Wilderness! We will be sleeping in tents under the stars. In addition, we will discuss the basics of back-country living, some survival skills and how to have a great time on the trails! No experience required but PLEASE NOTE that we will be carrying all our necessities on our backs and living without electricity and plumbing for the entire week. This is a very special and unique experience!!

Sunday - Saturday, August 10th-16th: Canoe Expedition on Diablo and Ross Lake

Instead of hiking in the backcountry on a multi-day overnight, let the canoe guide the way! Join us as we take the O2 canoes out on Diablo and Ross Lakes in the North Cascades. We will spend the night at multiple campsites only accessible by boat. Everything we need for the trip we will carry in our canoes. During the trip we will be living without electricity and amenities for the entire week. When signing up for this trip plan to also attend Paddling 101 on August 6th. If you cannot attend that workshop let us know when you register for this trip. Beginner paddlers are welcome. *A float test is required to attend this event. (Pg. 27)*



\$TIPEND PROGRAM\$



STIPEND PROGRAMS: The O2 stipend programs are wonderful opportunities for participants to gain valuable work skills while having an amazing time. This year we are introducing a new way to apply for our stipend opportunities. Instead of a first-come-first-serve, we are integrating an application and selection process. If you are interested in participating the **deadline to submit an application is June 7th. You can complete and submit this application at any time before this June 7th deadline.** We will contact you to discuss your enrollment status. ***Please note that the Rock Climbing and Mt. Biking positions rely on outside funding and if we do not receive the money we will not be able to offer those opportunities.*

How do I sign up? Print the Stipend Application (pg. 12), complete it and mail or deliver it to: Camp Long, 5200 35th Ave SW, Seattle WA 98126 Attn: Emily Sachwald. Emily will need to have this application in her possession by June 7th. Late applications will not be accepted.

O2 Rock Climbing Program: July 1st, July 10th, 17th, 31st & August 7th **

Earn \$150.00

What: You will be belaying (the rope safety system for climbing) and teaching community center youth how to rock climb. This is an empowering, motivating experience, and you will gain valuable skills to use at future jobs. To get full compensation you need to work all of the rock climbing dates plus the training day. No climbing experience necessary!

Mandatory Training: Tuesday July 1st, 10am-4pm meet at Camp Long 5200 35th Ave SW

Work days: You must attend each Thursday Climbing Day (July 10th, 17th, 31st and August 7th)

Meet at Camp Long at 7am. Return by 6pm.

O2 Mt. Biking Program: July 2nd, July 18th, 25th, August 1st & 8th**

Earn \$150.00

What: Lead trips for community center youth learning how to mountain bike. You will be responsible for teaching them safety and technical skills as well as encouraging and helping them. To get full compensation you need to work all of the mountain biking dates plus the training day.

Mandatory Training: Wednesday, July 2nd, 9:00am-4pm. Pick ups at 9am at Northgate Community Center 10510 5th Ave NE.

Work days: You must attend each Friday biking day July 11th, 18th, August 1st & 8th. Meet at 9am at Northgate Community Center 10510 5th Ave NE.

Week Long Trail Crew: July 27th– August 1st

Earn \$372.80

What: This is a 6-day trip into the Mount Baker-Snoqualmie National Forest. We will be working long, hard days maintaining and building trails. We will be camping with limited shower access. Take advantage of this opportunity to build muscles, get dirty and get paid!

Mandatory Training: Training will be on Sunday July 27th at Camp Long beginning at 12 noon. Parents are invited to an informational session from 12-1pm. We will spend the night at Camp Long and leave Monday morning for the National Forest.

Start day and Return time: Sunday, July 27th at Camp Long, 12 noon. We will return by 8pm on Friday, August 1st. **Yes, you have to attend the entire project!**

Steven's Pass Clean Up and BBQ: Wednesday, August 13th

Earn \$45.00 for one day!

What: A one-day trip to Stevens Pass to help clean up the ski area. You will spend about 5 hours working, and then we will have a BBQ to finish off the day. *Please be prepared with clothes that you don't mind getting dirty: long jeans or work pants, covered toed shoes and a long sleeve shirt. A waiver is required for this event.*

When: South end pick-ups will be at Camp Long at 7am, Jefferson CC at 7:15am, and Rainier CC at 7:30am. North end are Ballard 7:15am and Northgate CC at 7:30am. Return by 6pm.

This year we are introducing a new way to apply for our stipend opportunities. Instead of a first-come-first-serve, we are integrating an application and selection process. Completed applications should be mailed or delivered it to: Camp Long, 5200 35th Ave SW, Seattle WA 98126 Attn: Emily Sachwald.



The selection process will be open now until **June 7, 2014.**

Applications received after this date will not be accepted.

O2 Summer Stipend Opportunity Application



Name: _____
Address: _____
Phone numbers: _____
Email: _____

Please rate your stipend preference using 1, 2, 3, and 4 in the boxes below.

Preference: rock climbing _____ mountain biking _____ trail crew _____ Steven’s Pass clean up _____

Please answer the following short answer questions. These questions will be evaluated to determine the best candidates for the available summer stipend opportunities.

1. How have you positively contributed to the community?
(This can include the O2 community, your school community, family/friend community, city community, etc.)

2. What positive contributions will you make to the stipend program you are applying for?
(Please list your first and second job choices)

3. What do you seek to gain by participating in the stipend program?

North-end: Call Seth to sign up 206-423-1501

2. Ballard High School

Address: 1418 NW 67th St. **Bus line from 1st and Pike downtown:** D

Directions: Ballard High School is at 15th Ave. NW and 67th Ave. NW.

Meeting Location: Meet the green Parks van in the back of the school, off 67th St. By the school bike racks.

1. Northgate Community Center- (206) 386-4283

Address: 10510 5th Ave. NE **Bus Lines:** 16, 68, 75, 242

Directions: Northgate CC is located behind the Northgate Library, across from Macy's on 5th Ave., between NE Northgate Way and NE 105th St.

Meeting Location: Meet the green Parks van in the lot behind the library. Next to the playground.

3. Discovery Park Environmental Learning Center (206) 386-4236

Address: 3801 W. Government Way

Meeting Location: Check in at front desk of visitors center.



4. Camp Long Environmental Learning Center (206) 684-7434

Address: 5200 35th Ave. SW

Bus lines from 1st and Pine downtown: 21

Driving Directions From I-5:

Take exit 163A, merge onto West Seattle Bridge. Take a slight left onto 35th Ave SW. Follow 35th Ave. SW up the hill, past Alaska St. The Camp Long entrance is on the left. The park is on the left, the turn will happen at SW Dawson St.

Meeting Location: Meet the green Parks van in the parking lot in front of the Camp Long Lodge.

(watch for the Camp Long signs along the road)

5. Jefferson Community Center (206) 684-7481

Address: 3801 Beacon Ave. S.

Bus lines: Light Rail, 36

Driving Directions From I-5:

Take exit 163A toward S. Columbian Way. Turn left onto S. Spokane St. Turn right on Beacon Ave S.

Meeting Location: Meet the green Parks van in the parking lot of the community center. Near the front entrance.

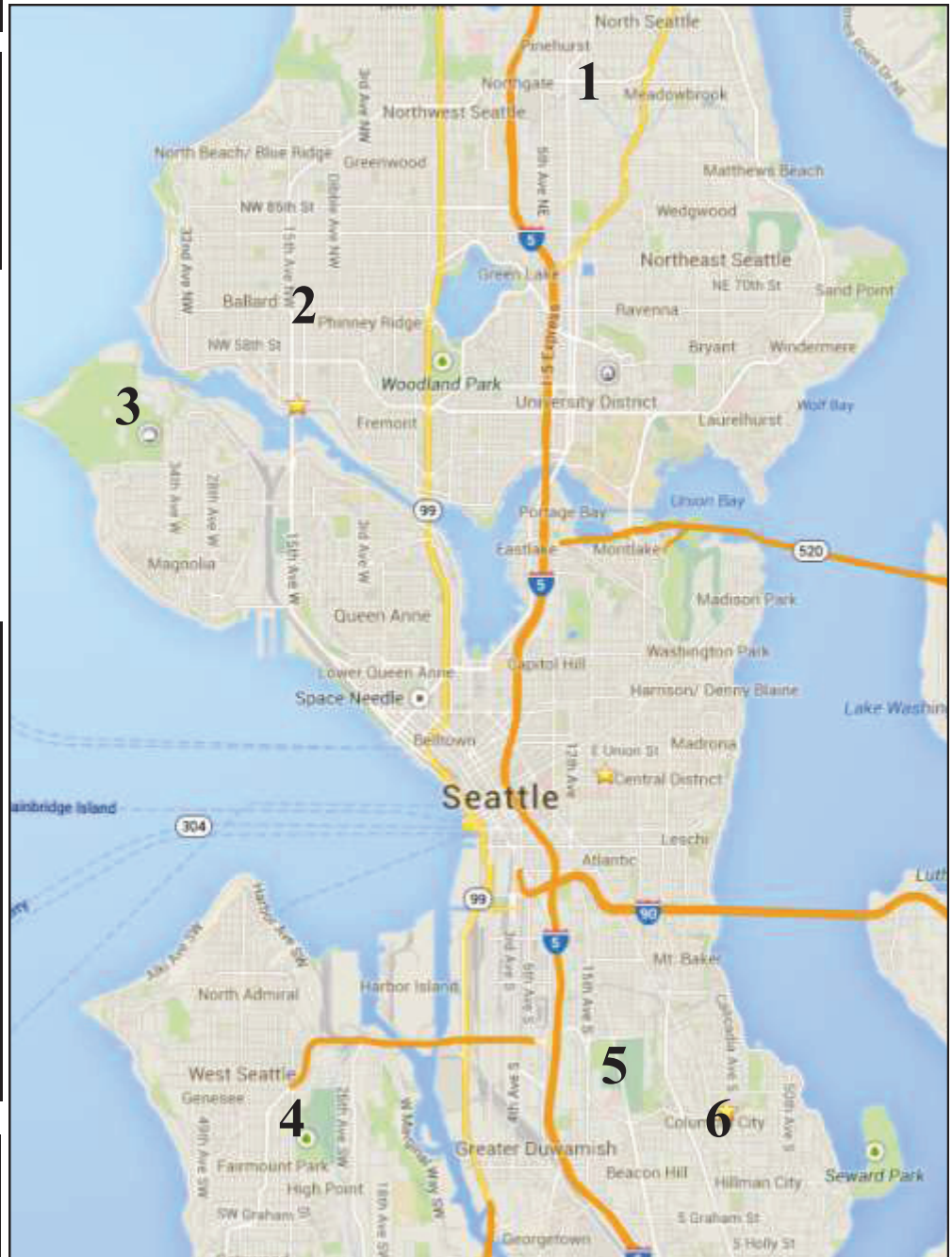
6. Rainier Community Center (206) 386-1919

Address: 4600 38th Ave. S. **Bus lines:** 7, 9

Directions from the corner of Rainier and Alaska:

Walk downhill (east) on Alaska. Walk one block past the Rainier Playfield on your left.

Meeting Location: Meet the green Parks van in the parking lot of the community center.



South-end: Call Emily to sign up 206-423-3460



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Orion Rafting Waiver (1 of 2)

ORION EXPEDITIONS, INC.

RELEASE AGREEMENT AND ACKNOWLEDGEMENT OF RISK

I, the undersigned, in consideration of the services of Orion Expeditions, Inc., its officers, directors, employees, contractors, agents and representatives (collectively referred to in this Agreement as "Orion"), hereby agree to release and discharge Orion, on behalf of myself, my heirs, assigns, personal representatives, dependents, and estate as follows:

1. I understand and acknowledge that the activity I am about to voluntarily engage in as a participant and/or volunteer bears known risks and unanticipated risks which could result in serious injury, death illness or disease, physical or mental, or damage to myself, to my property or to spectators or other third parties. The following describes some, but not all, of those risks:

- (a) Accident or mishap while traveling to and from the river, whether in vehicles operated by Orion, or in vehicles operated by other persons;
- (b) Collision with any object or person in or outside the boat, or on land, or on the river, or in the river, including, among others, collisions with equipment, other persons, rocks, boulders or trees;
- (c) Any attempt on my part to perform beyond my physical and/or mental ability, and/or the aggravation, recurrence or onset of any pre-existing medical condition of mine;
- (d) Failure on my part or on the part of other guests to comply with any Orion instruction;
- (e) Falling from the boat into the river, or onto a rock, tree or other object, or onto the river bank, and any slip or fall on any terrain;
- (f) Entanglement in, or entrapment by any rope, line, webbing or other equipment, or entanglement in, or entrapment by any other object in or around the river, including, among others, rocks, boulders, trees or man-made objects;
- (g) Failure of equipment, whether owned by me, or provided by or rented from Orion;
- (h) The forces of nature, including, among other things, strong currents, large waves, powerful hydraulics, and/or inclement weather;
- (i) Swimming or floating in the river, drowning, hypothermia, exposure, heat-related illness and/or shock; and/or
- (j) Emergency evacuation and rescue, including among other things, evacuation and rescue from remote and/or hazardous situations.

WHITEWATER RAFTING DOES NOT TAKE PLACE IN A CONTROLLED ENVIRONMENT. AND WILL ALWAYS BE SUBJECT TO THE RISKS POSED BY THE FORCES OF NATURE. THE NATURE AND EXTENT OF THOSE RISKS ARE NOT CAPABLE OF PRECISE DETERMINATION OR CONTROL. EVEN BY PERSONS WITH MANY YEARS OF RAFTING AND GUIDING EXPERIENCE. RAFTING AND/OR ASSOCIATED ACTIVITIES ARE DANGEROUS ACTIVITIES.

2. Being aware that this activity entails known and unknown risks of my serious injury, death or property damage, and risks of serious injury, death or property damage to spectators or other third parties in consequence of my actions, I expressly agree, covenant and promise to accept and assume all responsibility and risk for all and any injury, death, illness or disease, or damage to myself, to others, or to my property arising from my participation in this activity. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to hold harmless, defend and indemnify Orion from and against any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including specifically but not limited to the negligent acts or omissions of Orion, its agents or employees, and all other persons or entities, for any and all injury, death, illness or disease, and damage to myself or to my property.

Orion Rafting Waiver (2 of 2)

IN SIGNING THIS DOCUMENT, I FULLY RECOGNIZE THAT IF ANYONE, INCLUDING ME, IS HURT OR DIES OR PROPERTY IS DAMAGED WHILE I AM ENGAGED IN THIS EVENT, I WILL HAVE NO RIGHT TO MAKE A CLAIM OR FILE A LAWSUIT AGAINST ORION, OR ITS OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, CONTRACTORS OR REPRESENTATIVES, EVEN IF THEY OR ANY OF THEM NEGLIGENTLY CAUSED THE BODILY INJURY, DEATH OR PROPERTY DAMAGE.

4. Should it become necessary for Orion, or someone on Orion's behalf, to incur attorneys' fees and costs to enforce and/or interpret this agreement, or any portion of this Agreement, I agree to pay the reasonable costs and attorneys' fees incurred by Orion and such persons, or for which they incur any liability.

5. I agree to refrain from consuming any alcohol or other intoxicants for any period during which they may adversely affect me while rafting. I am affected by the following medical conditions (including allergies), and am taking the following drugs: _____

I have consulted with a medical professional concerning the use of such drugs and the effect of such conditions while rafting. In the event of illness or injury occurring while rafting, I hereby consent in advance to whatever medical or surgical diagnostic and/or restorative procedure or treatment is considered necessary in the judgment of the attending physician, medical technician or guide furnishing medical services.

6. I certify that I have sufficient health, accident and liability insurance to cover any bodily injury or property damage I may incur while participating in this event and to cover bodily injury or property damage caused to a third party as a result of my participation in this event. If I have no such insurance, I certify that I am capable of personally paying for any and all such expenses or liability.

7. If any provision of this Agreement is held to be invalid, such invalidity shall not render invalid the remainder of this Agreement or the remainder of the section of which such invalid provision is a part. If any provision of this Agreement is so broad as to be held unenforceable, such provision shall be interpreted to be only so broad as is enforceable.

Signature of participant: _____ Print name: _____

If under 18, signature
of parent or guardian: _____ Print name: _____

Address: _____

Phone: _____ Date: _____

River: _____ Witness: _____

(Print Name) _____



RELEASE AGREEMENT

Youth Bike Programs:

CASCADE BICYCLE CLUB, CASCADE BICYCLE CLUB EDUCATION FOUNDATION, TRIPS FOR KIDS SEATTLE

In consideration of the acceptance of my child (or minor participant) into the CASCADE BICYCLE CLUB EDUCATION FOUNDATION'S and TRIPS FOR KIDS YOUTH BIKE PROGRAMS and by signing this release for my child (or minor participant), I agree to RELEASE, HOLD HARMLESS, AND INDEMNIFY Cascade Bicycle Club, Cascade Bicycle Club Education Foundation, Trips for Kids Seattle and all of Cascade's sponsors, and all of the respective officers, agents, members, employees, and volunteers and all states, counties, cities, and facilities in which this event is held, and any other parties connected with this bicycle event for any injury, loss, or damage suffered as a result of participation in this bicycle event, including injury, loss, or damage caused by negligence of any party.

I understand and agree that neither Cascade Bicycle Club, Cascade Bicycle Club Education Foundation, or Trips for Kids Seattle, its officers or agents, nor the instructors(s), or other volunteers, may be held liable in any way for any occurrence or accident in connection with said event, and I further agree to save and hold harmless the Cascade Bicycle Club or Trips for Kids Seattle, its officers and agents, and the instructor(s) from any claim by me, my family, estate, heirs or assigns arising out of my child's participation in this event.

I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, and I expressly agree to my child (or minor participant) assuming these risks. I warrant that my child (or minor participant) is a sufficiently competent cyclist to handle participation in the Event.

I also warrant that my child (or minor participant) is physically fit enough to participate in this event and that **I accept full responsibility for all medical expenses incurred as a result of my child's (or minor's) participation. I agree to HOLD HARMLESS and INDEMNIFY the entities named above for any claims brought on behalf of the minor.**

I understand that wearing a helmet that meets bicycle safety standards, CPSC, SNELL, ANSI, or ASTM, can minimize head injuries that may occur in a cycling accident and that Cascade Bicycle Club requires all riders to wear helmets. I agree that my child (or minor participant) will wear a helmet at all times while participating in this event. It is my sole responsibility to ensure that my child's helmet meets CPSC, SNELL, ANSI, or ASTM standards.

I give permission for Cascade Bicycle Club, Cascade Bicycle Club Education Foundation, and Trips for Kids Seattle to use my child's image in any future club material should it appear in photos or videos taken during this event.

Any legal action that may arise from my child's (or minor's) participation in this event will be handled in the State of Washington according to Washington State law.

MY SIGNATURE GUARANTEES THAT I HAVE READ THIS DOCUMENT AND UNDERSTAND IT.

[NAME OF PARTICIPANT]

[AGE]

[NAME OF PARENT/GUARDIAN OF MINOR PARTICIPANT]

[DAYTIME PHONE]

[EVENING PHONE]

[EMAIL: for future events & camps]

[SIGNATURE OF PARTICIPANT OR PARENT/GUARDIAN OF MINOR PARTICIPANT] Date: _____

Consent for medical care and treatment of a minor: by signing above I authorize medical treatment for the minor registering and agree to be responsible for any costs associated with such treatment.

Cascade Bicycle Club Waiver (2 of 2)



PARTICIPANT'S EMERGENCY MEDICAL INFORMATION

This information may be used for more than one outing. You must inform the outing leader if any of this information changes from outing to outing.

1. Participant's Name _____

Parent's/Guardian's Name (of minor participant) _____

Address: _____

Phone: _____ Birthdate: _____ Date of most recent tetanus toxoid booster: _____

2. Allergies to drugs, foods, insect bites, etc.: _____

3. List all medications for which the participant currently holds a prescription and indicate which ones the participant will be taking during outing(s): _____

4. List all medical conditions of which the outing leader should be aware or which may affect the participant's ability to participate in activities (such as asthma, heart disease, diabetes or neuromuscular or skeletal impairment): _____

Family Physician: _____
(Name) (Address) (Phone)

Insurance Company: _____ Policy Number: _____

List the persons we should call in case of an emergency. We will try to contact them in the order that they are listed below.

1.	Name	Relationship	Daytime Phone	Evening Phone
2.	Name	Relationship	Daytime Phone	Evening Phone
3.	Name	Relationship	Daytime Phone	Evening Phone

YOU MUST ALSO READ AND SIGN PAGE ONE OF THIS AGREEMENT

**RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT
FLYING HORSESHOE RANCH
READ BEFORE SIGNING**

PARTICIPANT'S NAME _____ AGE _____

Name of Parent or Guardian (if participant is a minor) _____
(Please Print)

IN CONSIDERATION of being permitted to participate among and on horses on the premises or under the authority of the Flying Horseshoe Ranch, on my behalf and on behalf of the participant named above I acknowledge, appreciate, and agree that:

1) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis or death. The risk includes, but is not limited to, my being in the presence of, mounted on, and/or leading horses and includes but is not limited to property damage, injury, or death resulting from the dangers or conditions that are an inherent risk of equine activity. Examples of these dangers are: getting kicked, bitten, bucked off, or falling off of a horse.

2) By signing this RELEASE OF LIABILITY, I UNDERSTAND AND KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, EVEN IF ARISING FROM THE NEGLIGENCE OR LEGAL LIABILITY of those persons released from liability below, and assume full responsibility for my participation. I understand that there may be other risks, as well, and I agree to assume them; I am not relying on the Flying Horseshoe Ranch to list all possible risks to me.

3) I will comply with all rules and regulations of the Flying Horseshoe Ranch. If I have any questions, or observe any unusual or unnecessary hazard during my participation, I will immediately notify the nearest wrangler, manager, or owner of the Flying Horseshoe Ranch.

4) I feel that the possible benefits to myself / my son / my daughter / my ward of participation in equine activities or being around horses or on the Flying Horseshoe Ranch's property are greater than the risk assumed. I hereby, intending to be legally bound, for myself on behalf of my heirs and assigns, personal representatives, and next of kin, waive and release forever all claims of damages against the Flying Horseshoe Ranch and its wranglers, employees, owners and affiliated persons for any and all injuries and/or losses I / my son / my daughter / my ward may sustain while participating in the Flying Horseshoe Ranch's horsemanship programs either on or off site, or while being on or near the premises of the Flying Horseshoe Ranch.

This release shall be valid starting from date executed for as long as participant either (1) participates in any activities associated with or (2) is on or near the premises of the Flying Horseshoe Ranch. If participant is a minor, Parent or Guardian executes this agreement on behalf of himself/herself as well as the minor child or legal ward.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT OR COERCION BY ANYONE.

X _____ Age _____ Date Signed _____
Client/Volunteer/Parent or Guardian if Minor (Under age 18)

Received by _____ Date _____



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Date: August 13, 2014



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Seattle Parks and Recreation
Small Craft Programs



ASSUMPTION OF RISK AND RELEASE FORM

Participant Name _____
 Address _____
 City State Zip _____
 Phone-home (_____) Phone-work/cell (_____)
 E-mail _____ . All addresses are kept under strict confidentiality.
 Yes___ No___ I would like to receive occasional Mt Baker News via e-mail
 Sex: M F Birthdate: Ethnic Origin**
 Emergency Name _____ Emergency Phone(_____)

****ETHNIC ORIGIN:** Information is used for statistical purposes and is not required for participation.
 A=Asian; B=Black/African American; H=Hispanic; M=Mixed, N=Native American; P=Pacific Islander,
 W=Caucasian; O=Other.

Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold, and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate.

Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years of age.

Signature of Participant _____ Date _____

Parent or Guardian signature required for
participants under the age of 18.

_____ Date _____

How did you hear about our facility or programs? Drive/Walk by _____

Word of Mouth _____ Brochure _____ Parks Web-site _____

Other - please specify: _____



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Permission and Parental Approval Form For Canada Trip – August 25-30, 2014

I _____ (parent or Guardian), Parent or Guardian of
_____ (full name of son / daughter) authorize the named
individual to attend a week-long camping and climbing event in Squamish, Canada for
the period of August 25-30, 2014. I understand that my son / daughter will be attending
a camping and rock climbing event in Canada for the stated period under the supervision
of the Seattle Department of Parks and Recreation's Outdoor Opportunities Program.

Signature of Son / Daughter: _____

Signature of Parent or legal Guardian: _____

Space for Notarization:



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Float Tests



If you want to participate in any O₂ event that takes place on the water, you need to have passed a city approved float test. A float test is when you prove to a lifeguard that you can tread water with long pants and a long sleeve shirt on for 10 minutes and put on a lifejacket.

You *do not* need to be a good swimmer to pass the test. As an alternative you can try the Deep Water test!

The two types of float tests are described below:

Standard Float Test	Deep Water Test
<p>-To pass a Standard Float Test, you must tread water in the deep end of the pool for 9 minutes. In the 10th minutes, the lifeguard will ask you to put on a life jacket while you are still treading water. At no time are you allowed to touch the side of the pool.</p> <p>-A Standard Float test is good for three years and allows you to do any O₂ aquatic event.</p>	<p>-To pass a Deep Water Test, you must get in the pool with a life jacket on, get your face wet, and float in the deep end of the pool for 10 minutes.</p> <p>-A Deep Water Test is good for 1 specific aquatic event. For example, it would allow you to attend a rafting, kayaking, sailing or canoeing trip / program. After that trip / program is over, your Deep Water certification expires.</p>

Upcoming O2 Float Tests Include:

O2 North End:

Wed—June 25th

Pick ups: Northgate CC—6:00 PM

Back by 8 PM

Tue— July 22nd

Tue— August 5th

Pick ups: Northgate CC— 1PM

Back by 3:30PM

O2 South End:

Tue —June 24th

Thurs —June 26st

Pick ups: Rainier—6:30 PM, Jefferson—6:45, Camp

Long—7:00 PM

Back by 8:30 PM

OR call the pool nearest you to see when you can take the test! The Ballard Pool conducts float test during open swim times: Tues—7:30—8:30 PM, Wed—6:30—7:30 PM, Fri—7:30—8:30 PM, Sat—12:30—1:30 PM, Sun—1:30—2:30 PM. Medger Evers Pool (near Garfield HS) has open swim times: Mon and Wed—7—8 PM and Fri—6:30—8:00 PM., Sat—1:30—3:00, Sun—2—3:30 PM. Southwest Community pool (near Chief Sealth HS) has open swim times: Tues & Thursday—7:30—8:30 PM, Friday—4:30—5:30 PM and Saturday—1—2 PM, Sunday— 4-5 PM. **Please call the pool to verify open swim times.**

You can **ONLY** take a float test at the following Seattle Parks city pools:

<p>Ballard Pool (684-4094)</p> <p>Evans Pool at Green Lake (684-4961)</p> <p>Medger Evers Pool near Garfield CC (684-4766)</p> <p>Madison Pool in Bitter Lake (684-4979)</p> <p>Meadowbrook Pool off Lake City Way(684-4989)</p>	<p>Queen Anne Pool (386-4282)</p> <p>Rainier Beach (386-1944)</p> <p>Southwest Pool in West Seattle (684-7440)</p> <p>Coleman Pool in West Seattle (684-7494)</p> <p>Mounger Pool in Magnolia (684-4708)</p>
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WHAT TO BRING—If you are taking the test on your own:

- **Photo identification**
- **\$3.75 to get into the pool**
- **Long pants /long sleeved shirt—you will do your float test with these clothes on**
 - Try to avoid bringing jeans or sweat pants, these get heavier when wet. Fleece or leggings work great!
- **Change of Clothes**

Please submit your completed and signed Float Test to Seth or Emily prior to attending an O2 aquatic trip.



SUMMER 2014 Equipment Lists

Make sure you show up to your summer events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Remember, we can provide many of these items, like extra jackets or hiking boots, this is just basic essentials!

Overnight Trips	Day Trips
<ul style="list-style-type: none"> -Comfortable closed-toe walking shoes -Heavy jacket -Waterproof jacket -Wool or fleece sweater -Warm layers -Warm hat -Warm socks (synthetic or wool) -1 pair of pants -Bandana -1 Small towel -1 Wash cloth -Flashlight (extra batteries) -Toiletries: soap (Ivory, if possible), toothpaste, toothbrush, comb, brush, sanitary napkins if necessary -Medications (if needed) -Allergy medicine (if needed) -Pillow -Sunscreen -Sunglasses -Lip balm -Camera (optional) -Swim Wear and towel -Sunscreen -Insect Repellant 	<ul style="list-style-type: none"> -Comfortable closed-toe walking shoes -Waterproof jacket -Warm layers -Swim Wear and towel -Hat -Sunglasses -Sunscreen -Medications (if needed) -Camera (optional)

Rafting / Day Trips:

***Bring a swimsuit, change of clothes and extra pair of warm socks
(NO COTTON CLOTHES WHILE RAFTING)**